

www.snehafafat.com

Ex-Diet Consultant

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<u>Member</u>: Canadian Nutrition society, European Society for Clinical Nutrition & Metabolism, Indian Dietetic Association, International confederation of Dietetic Associations,

Asian Federation of Dietetic Associations, Orange City Runners

11/9/2022

Weight: 82 kg	Name: Farhana	Age: 29 Yrs	Height: 162 Cms
Week 2 -	<u>Day 1</u>		
Mark tick/cross	in the box below time, mention anythi	ng extra you had	and submit weekly.
8:00 AM	10 Pistachionuts (Eat One At A	Time, Chew W	/ell)
11:00 AM	1 Katori Chole [+Onion, Corian	nder]	
2:00 PM	1 Phulka Sabji 1 Katori Palak Dal		
5:30 PM	1 Slice/ Cube Cheese 1 Fruit		
7:30 PM	2 Moong dal chilla (+ carrot/Ca onion tomato chutney	abbage)	
10:00 PM	4 Anjir (Eat Half At A Time, Ch	new Well)	
Exercise (in min)	:		
Water (in litres)	•		

- A) If need be diet plan days can be interchanged within a week.
- B) Refer General Guidelines.

Program Expiry 25-01-23









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Weight: 82 kg	1	Name: Farhana	а	Age: 29 Yrs	Height: 162 Cms
Week 2 -	Day 2				
Mark tick/cross	i				
8:00 AM	1 Fruit				
11:00 AM	1 Glass Mil	k Shake (+ Fru	it, No	Sugar)	
2:00 PM	Salad 1 Millet rot Sabji Dal/ Kadi	i [jowar/ makl	ka/ ba	jra/ ragi]	
5:30 PM	Murmura (+ 1 Tbsp Peanı	uts + V	⁷ eggies + Gree	en Chutney)
7:30 PM	1 Phulka Chicken				
10:00 PM	1 Coconut v	water			
ntion total in day	:				
Exercise (in min)					
Water (in litres)	•				

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Name: Farhana Age: 29 Yrs Height: 162 Cms Weight: 82 kg **Week 2 -** Day 3 Mark tick/cross 10 Pistachionuts (Eat One At A Time, Chew Well) 8:00 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.] 11:00 AM 2:00 PM 1 Phulkas Paneer with Mix Veg. 5:30 PM 1 Slice/ Cube Cheese 1 Fruit Clear Vegetable Soup 7:30 PM 2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions) 4 Anjir (Eat Half At A Time, Chew Well) 10:00 PM Mention total in day Exercise (in min) Water (in litres)

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Weight: 82 kg	Name: Farhana	Age: 29 Yrs	Height: 162 Cms
Week 2 -	Day 4		
Mark tick/cross	i		
8:00 AM	1 Fruit		
11:00 AM	2 Eggs + veggies		
2:00 PM	Salad		
	1 Onion roti / thalipith 1 Katori Curd + Veggies		
5:30 PM	Murmura (+ 1 Tbsp Peanuts	+ Veggies + Gree	en Chutney)
7:30 PM	1 Katori Rice Chicken		
10:00 PM	1 Coconut water		
Exercise (in min)	:		
Water 📑	•		

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(in litres)

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Weight: 82 kg	Name: Farhan	a Age: 29 Yrs	Height: 162 Cms
Week 2 -	Day 5		
Mark tick/cross			
8:00 AM	1 Fruit		
11:00 AM	1½ Katori Sprouts [+ Ve	ggies; Raw or half o	cooked]
2:00 PM	Radish and Cucumber Sa 1 Katoris Rice Black Dal	lad	
5:30 PM	1 Slice/ Cube Cheese 1 Fruit		
7:30 PM	2 Palak roti Cucumber Raita (Made c	of 1 Katori Curd)	
10:00 PM	4 Anjir (Eat Half At A Tir	ne, Chew Well)	
Exercise (in min)			
Water (in litres)			

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Name: Farhana Age: 29 Yrs Height: 162 Cms Weight: 82 kg Week 2 - Day 6 Mark tick/cross 10 Pistachionuts (Eat One At A Time, Chew Well) 8:00 AM 11:00 AM 1 Glass Milk Shake (+ Fruit, No Sugar) Salad (Carrot + Radish +Other Veggies) 2:00 PM 1 Stuffed Lauki Roti Kadi 5:30 PM 1 Slice/ Cube Cheese 1 Fruit 7:30 PM Free Meal!! 10:00 PM Nil

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Mention total in day

Water (in litres)

Exercise (in min)

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Weight: 82 kg	Name: Farhana	Age: 29 Yrs	Height: 162 Cms
Week 2 -	<u>Day 7</u>		
Mark tick/cross	i		
8:00 AM	10 Pistachionuts (Eat One At A	Time, Chew W	/ell)
11:00 AM	1 stuffed roti [peas/ dal]		
2:00 PM	Bean Salad (1 Katori Rajma + C 1 Phulka Sabji	Chopped Mix Vo	eggies)
5:30 PM	Murmura (+ 1 Tbsp Peanuts + '	Veggies + Gree	n Chutney)
7:30 PM	Soup/ Salad 3 Slices Pizza [paneer/chicken]		
10:00 PM	1 Coconut water		
ention total in day	:		
Exercise (in min)			
Water (in litres)	•		

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- B) Refer General Guidelines.

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